

Manhattan Borough President Mark Levine's
Back to School Guide

**Student
and Parent
Resources**



OFFICE OF
**MARK
LEVINE**
MANHATTAN BOROUGH PRESIDENT

Back to School Resource Guide

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Back to School Guide

Letter from the Manhattan Borough President

Dear students and families,

As the bright summer sun makes way for the crisp air of autumn, it's that special time of the year again – the beginning of the school year! I'm filled with hope and excitement as we gear up for another educational year for NYC's children.

The start of a new school year is crucial. It's a time to reset, refocus, and rebuild. There is so much to do in preparation for the school year to ensure that our children are mentally and physically ready, not just for their academic success but for their overall well-being.

To help families prepare and have all the information they need to set their kids up for success, our office is thrilled to introduce our **Manhattan Borough President's Back to School Resource Guide**.

This is a comprehensive guide filled with tips, enrichment opportunities, and more to help make the transition smooth and stress free.

And if my office can be of help with anything not covered in this guide, **contact us at 212-669-8300 or info@manhattanbp.nyc.gov**.

Have a great school year,

Mark Levine
Manhattan Borough President

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Athletics

IChallengeMyself - Free

1216 Broadway, 2nd Fl, NY, NY 10001
646.453.7700
Email: info@ichallengemyself.org

School-based afterschool cycling program in Manhattan and the Bronx. Serves various ages depending on program.

Yorkville Athletic Association

212.360.0022
Email: info@yyaa.org

Provides organized sports and recreational activities for youth, primarily focusing on promoting physical fitness, teamwork, and skill development. Serves pre-K to 12th grade depending on program.
Pricing may apply.

Hit The Books

340 St Nicholas Ave, NY, NY 10027
646.540.7988
Email: admin@hitthebooksnyc.org

Provides Harlem youth with mixed martial arts classes and educational services such as tutoring and mentorship. Serves Harlem students grades 2-8.

YMCA

The YMCA is a community institution in many NYC neighborhoods, a Y's offerings may vary based on specific location. These offerings typically include afterschool programs, team athletics, swimming, and teen programs. Serves various age groups depending on program.
Pricing may apply.

Police Athletic League - Free

800.725.4543

Offers afterschool programs for athletics, arts, academics, and homework help. Manhattan locations: Fort Washington Avenue Armory, West Harlem, William Duncan Centers, and Polo Grounds Cornerstone. Serves grades K-8.

Rising NY Road Runners - Free

320 W 57th St, NY, NY 10007
855.569.6977

Centers running as physical education for kids in pre-K through 12th grade, as well as a Wheelchair Training Program for ages 6-21.

Riverside Hawks

490 Riverside Dr, NY, NY 10027
212.870.6811
Email: csnell@riversidehawks.org

Empowers students and families to utilize basketball as a way to pursue academic opportunities and promote character development. Serves various ages depending on program.

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Arts

Apollo Theater

253 W 125th St, NY, NY 10027
212.531.5300

The legendary Harlem theater offers workshops for all ages as well as internships and events for high school and college students.

Dance Theatre of Harlem

466 W 152nd St, NY, NY 10031
212.690.2800

Email: info@dancetheatreofharlem.org

Dance Theater Offers classical ballet and dance training for ages 3-18.

Impact Repertory Theatre

229 W 135th St, NY, NY 10030
212.926.4516

Email: impactdietrice@gmail.com

Offers their Community Boot Camp as an intergenerational group workshop program using arts and leadership training techniques in social-emotional learning.

Mama Foundation for the Arts

149 W 126th St, NY, NY 10027
212.280.1045

Uplifts Black music to heal and inspire through collective music making. Offers workshops, classes, programs, and performances. Serves all ages.

Whitney Museum of American Art

99 Gansevoort St, NY, NY 10014
212.570.3600

Email: info@whitney.org

Offers semester-long programs for teens to engage with art radically and think collaboratively.

Art in the Park - Free

2266 5th Ave, P.O. Box 272, NY, NY 10037
470.593.9887

Email: info@artinthepark128.org

Activates open-spaces in Harlem to expose youth ages 2-23 to S.T.E.A.M., health, and community initiatives.

SCAN-Harbor Performing Arts Academy

1E 104th St, NY, NY 10029
212.427.2244

NYC-Arts in an organization that has a vast variety of art programs for the youth on their website. Serves various ages depending on program.

Harlem School of the Arts

645 St Nicholas Ave, NY, NY 10030
212.926.4100

Email: communications@hsanyc.org

Music, dance, theater, and design classes for youth 3-18.

Jazzmobile

212.866.4900

Saturday Jazz workshops for all ages.

Studio Museum of Harlem

144 W 125th St, NY, NY 10027
212.864.4500

Email: youth@studiomuseum.org

Runs activities for kids and their families that creatively engage the public with the museum's exhibitions. Serves all ages.

viBe Theatre Experience - Free

212.665.7273

viBe's afterschool programming engages, inspires, and empowers girls, young women, and nonbinary people of color to write, create, publish, direct, and perform personal and truthful collaborative theater, music, and media about the real-life issues they face daily. Serves ages 13-24.

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After-school Activities

NYC Dept of Youth and Community Development

(DYCD) - Free

800.246.4664 / 646.343.6800

Over 890 after-school programs for grades K-12. Also offers jobs and internships (such as the Summer Youth Employment Program), reading and writing assistance, family support, and assistance for runaway youth.

American Museum of Natural History

200 Central Park West, NY, NY 10024

212.769.5100

Science classes and after-school programs priced at sliding scale rates with scholarships available. Also offers paid internships for teens.

Manhattan Youth

Warren St, NY, NY 10007

212.766.1104

Email: moises@manhattanyouth.org 120

Works closely with parents, teachers, and school administrators to provide the sports, arts and enrichment activities necessary to a well-rounded education. Serves K-8.

Children's Museum of Manhattan (CMOM)

212 W 83rd St, NY, NY 10024

212.721.1223

In addition to their exhibitions and events, CMOM also offers early childhood classes in art, science, and language. Serves ages 2-6.

Children's Arts and Science Workshops, Inc.

4320 Broadway, 2nd Fl, NY, NY 10033

212.923.7766

Email: contact@caswkids.org

Offers after-school services for families and youth employment services. Created to engage at-risk kids, boost their confidence and self-esteem, and prepare them for successful adulthood.

ACDP (Community Association of Progressive Dominicans)

3940 Broadway, NY, NY 10032

212.781.5500

Email: shiciano@acdpc.org

Serves Northern Manhattan and the Bronx, with a focus on the needs of Dominican immigrants and the neighborhoods they live in. Offers afterschool and youth success programs. Serves various ages depending on program.

COMPASS NYC (Comprehensive After School System of NYC) - Free

646.343.6800

Offers homework help, sports, arts, and more at many locations across Manhattan. Programs are typically three hours each day, five days per week, including on school holidays. Serves grades K-12.

The Center - Free

208 W 13th St, NY, NY 10011

212.620.7310

Afterschool programming for LGBTQ+ youth, ranging from making art, playing games, meditating, singing, and getting involved in activism. Also provides resources for college searching and career services. Serves ages 13-22.

Henry Street Settlement - Free

265 Henry St, NY, NY 10002

212.254.3100

Email: info@henrystreet.org

After-school, college access, and early childhood education programs focused on the Lower East Side
Serves various ages depending on program.

L.O.V.E (Latinas on the Verge of Excellence)

1460 Broadway, NY, NY 10036

Email: info@lovementoring.org

Mentoring program for Latina students with a focus on college and career success as well as reproductive, mental, and physical health.

Lower East Side Girls Club -Free

402 E 8th St, NY, NY 10009

212.982.1633

Supports young women and gender expansive youth of color through free programming that enables curiosity, creativity, and passion while building an equitable future.
Serves grades 6-12.

Hudson Guild - Free/Low-Cost

441 W 26th St, NY, NY 10001

212.760.9800

Email: jkelly@hudsonguild.org

A holistic nonprofit offering academic support, enrichment activities, physical activities and healthy living through early childhood and youth programs. Also offers mental health services. Serves ages 5-24.

Children's Aid Society - Free/Low-Cost

117 W 124th St, 3rd Fl, NY, NY, 10027

212.949.4800

Afterschool programs in youth leadership, mentorship, academic/career readiness, arts, technology, and other extracurriculars. Several Harlem locations and one Lower Manhattan site. Afterschool programs serve ages 6-18.

SCAN-Harbor

345 E 102nd St, 3rd Fl, NY, NY 10029

212.289.8090

Email: info@scan-harbor.org

Serving Harlem, East Harlem, and the South Bronx, they empower high-risk youth and their families by focusing on strengths, skills, and self-esteem. Serves various ages depending on program.

NYP - The Uptown Hub - Free

600 W 168th St, 1st Fl, NY, NY 10032

917.740.7496

Email: uptownhub@nyp.org

Helping young people with employment and educational opportunities, as well as participation in wellness, creative youth development, and recreational programming and activities. Serves ages 14-24.

NYC Parks Teen Programs

351 Fort Washington Avenue, NY, NY 10033

646.477.2642 / 212.360.2702

Email: recyouth@parks.nyc.gov

Programs focused on engaging teens' interests and enhancing their healthy and productive development. Types of activities offered include the Garden Kitchen Lab and Media Education. Serves various ages depending on program.

Brotherhood Sister Sol

512 W 143rd St, NY, NY 10031

212.283.7044

Email: info@brotherhood-sistersol.org

Promotes unity and understanding among diverse communities. Afterschool program serves youth ages 8-18.

Global Kids - Free

244 Fifth Ave, Ste 2704, NY, NY 10001

212.226.0130

Email: info@globalkids.org

College exploration and support services, attendance outreach, parent engagement activities, service-learning programs, and programs in youth development, leadership development, global awareness, and civic engagement. Predominantly serves middle and high schoolers.

Harlem Children's Zone - Free

35 E 125th St, NY, NY 10035

212.360.3255

Email: slilavois@hcz.org

Harlem Children's Zone believes getting scholars to and through college is the primary means of breaking the cycle of intergenerational poverty. They offer comprehensive programs serving youth and their families from "cradle to career."

Madison Square Boys & Girls Club

250 Bradhurst Ave NY, NY 10039

212.760.9600

The Madison Boys & Girls Club is an organization dedicated to providing a safe and enriching environment for young people. They offer a range of programs and activities aimed at promoting character development, academic success, and healthy lifestyles. Serves ages 6-18.

University Settlement

184 Eldridge St, NY, NY 10002

212.453.4500

Email: info@universitysettlement.org

Offers the Lower East Side early childhood and youth services, including sports, arts, cultural activities, mentorships, internships, and college access programs. Housing and mental health and wellness services are also available. Serves various ages depending on program.

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Education and Job Preparation

Khan Academy - Free

Online free and low-cost college admissions assistance and test prep materials for Advanced Placement courses and the SAT. Serves all ages.

Department of Youth and Community Development - Free 800.246.4646

Offers reading and writing assistance, jobs and internships (including the Summer Youth Employment Program), 890+ all-ages afterschool programs, family support, and runaway youth assistance.

Democracy Scholars - Free (Application Required) 50 W 4th St, NY, NY, 10012 Email: democracyscholars@nyu.edu

Offers students entering their senior year of high school two-week discussion-based seminars every July - taught by NYU faculty - and build essential skills in critical thinking and college-level reading and writing.

Questbridge - Free (Application Required)

Their College-Prep Scholars Program equips high-achieving high school juniors from low-income backgrounds with the knowledge, confidence, and resources to Application Required to top colleges.
650.331.3280
Email: questions@questbridge.org

Liberty LEADS - Free 610 W 112th St, NY, NY 10025 212.875.4511

Email: libertyleads@bankstreet.edu

High school completion and college access program serving students grades 5-12.

ARISE - Free (Application Required) 50 W 4th St, NY, NY, 10012 646.997.3524 Email: k12.stem@nyu.edu

Opportunity-based program focused on providing rigorous lab experience under the mentorship of some of NYU's most cutting-edge research faculty. Serves grade 10 and 11.

Girls Inc - Free 25 Broadway, 12th Fl, NY, NY 10004 212.531.7620 Email: communications@girlsincnyc.org

Equips girls to achieve academically, lead healthy, physically active lives, manage money, navigate media messages, and discover an interest in science, technology, engineering, and math. Serves various ages depending on program.

I Have a Dream NY - Free 322 8th Avenue, Suite 202 NY, NY 10001 212-293-5480 Email: nsaunder@ihaveadreamfoundation.org

Provides academic support to young people from low-income communities from kindergarten all the way through college, along with guaranteed tuition support. Serves various ages depending on program.

Harlem Children's Zone - Free 35 E 125th St, NY, NY 10035 212.360.3255 Email: slilavois@hcz.org

Harlem Children's Zone believes getting scholars to and through college is the primary means of breaking the cycle of intergenerational poverty. They offer comprehensive programs serving youth and their families from "cradle to career."

BEAM - Free

55 Exchange Pl, Ste 603, NY, NY 10005

888.264.2793

Email: NYCinfo@beammath.org

Academic summer programs, robotics clubs, math teams, math circles, internships, and more for students 7th grade through college.

NYSCF Summer Internship Program - Free (Application Required)

619 W 54th St, NY, NY 10019

212.787.4111

A ten-week unique summer enrichment internship program that provides students a rare glimpse into the fast-paced world of stem cell research. Serves high school, undergraduate, and graduate students.

The Door - Free

555 Broome St, NY, NY 10013

212.941.9090

Email: info@door.org

Offers jobs and internships in addition to youth development services including health care, education, counseling and crisis intervention, legal assistance, high school and college preparation services, career development, housing support, arts, sports and recreation, and nutritious meals. Serves ages 12-24.

Harlem Empowerment Project - Free

2214 Frederick Douglass Blvd, Ste 298, NY, NY 10026

646.450.9218

Email: nfo@hep.nyc

Offers GED classes, literacy, ESL education, and job preparation services.

STEP Baruch (Science and Technology Entry Program)

- Free

646.312.4298

Email: lbrian.kane67@login.cuny.edu

Pre-college program for middle and high school students interested in pursuing careers in STEM.

NYU Dentistry Saturday Academy - Free (Application Required)

NYU College of Dentistry 345 E 24th St, NY, NY, 10010

212.998.9332

Email: lorel.burns@nyu.edu

Introduces underrepresented high school students to the dentistry profession, while simultaneously preparing them for the college application process.

Chinese-American Planning Council

150 Elizabeth St, New York, NY 10012

212.941.0920

Email: info@cpc-nyc.org

Offers educational and economic empowerment programs. Also offers all-age enrichment, family support and senior services.

University Settlement

184 Eldridge St, NY, NY 10002

212.453.4500

Email: info@universitysettlement.org

Offers college access programs, internships, mentorships, cultural activities, sports, arts, mental health services, wellness programs, and housing services.

Job Corps - Free

369 E 149th St, Bronx, NY 10455

718.585.4181

Provides online classes, career training, and graduate support. Serves ages 16-24.

College Now - Free (Application Required)

160 Convent Ave, NY, NY 10031

212.650.6310

Email: ancollins@ccny.cuny.edu

Helps high schoolers complete their graduation requirements. This includes College Focus, a program targeting students who need to reach English and math requirements for CUNY.

Columbia University's Double Discovery - Free

(Application Required)

2920 Broadway, NY, NY 10027

212.854.3897

Email: lv2452@columbia.edu

Works with first-generation youth preparing for college from Harlem and Washington Heights, providing academic enrichment, college and career success, and healthy mind and body programming. Serves grades 9-12.

Oliver Scholars - Free (Application Required)

14 Wall St, Ste 1720, NY, NY 10005

212.430.5980

Email: Info@oliverscholars.org

Helps prepare high-achieving Black and Latinx students from underserved communities to succeed at top independent schools and colleges, with a commitment to supporting families through transition, developing students' social-emotional skills, and creating an environment of giving back. Serves grades 6-12.

Graham Windham - Free

144 E 128th St, NY, NY 10035

Email: Info@graham-windham.org

Offers a network of support to young people in the foster care system, including ongoing individual support and planning, college readiness, employment readiness, family support, and peer support. Also offers a mental health program and Scholars of Service program. Serves youth through age 26.

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Empowerment and Mentorship

Guiding and Connecting for Student Achievement -

Free

99 Park Avenue, Ste 1560, NY, NY 10016

412.389.1417

Email: Casey.depasquale@gcsa.nyc

Connects high schoolers to professional mentors and supports underserved communities by assisting with post-secondary applications and scholarships.

Hit the Books

340 Saint Nicholas Ave, NY, NY 10027

Email: admin@hitthebooksnyc.org

Provides Harlem students grades 2–8 with mentorship, tutoring, and mixed martial arts classes.

L.O.V.E (Latinas on the Verge of Excellence)

1460 Broadway, NY, NY 10036

Email: info@lovementoring.org

Mentoring program for Latina students with a focus on college and career success as well as reproductive, mental, and physical health.

Ace Mentor Program - Free (Application Required)

1325 Ave of the Americas, Ste 2738, NY, NY 10019

646.757.5829

Email: greaterny@acementor.org

Prepares high schoolers for careers in design and construction through mentorship and support.

Student Sponsor Partners

424 Madison Ave, 3rd Fl, NY, NY 10017

212.986.9575

Email: info@sspny.org

Utilizes quality education and mentorship to help underserved high schoolers break the cycle of poverty.

NYCSRM (Science Research Mentoring)

Email: mstrangas@amnh.org

Connects students from historically underrepresented background with STEM research internships. Serves grades 9-12.

Children's Aid Society - Free/Low-Cost

117 W 124th St, 3rd Fl, NY, NY, 10027

212.949.4800

Afterschool programs in youth leadership, academic/ career readiness, arts and technology, and other extracurriculars. Several Harlem locations and one Lower Manhattan site. Serves ages 6-18.

Street Corner Resources

151 W 145th St, NY, NY 10039

212.694.8759

Email: info@scrnyc.org

Seeks to disrupt violence and create a more peaceful community by providing Harlem teenagers and young adults better access to employment, education, training and more.

Apex for Youth - Free/Low-Cost

195 Chrystie St, #200, NY, NY 10002

212.385.3574

Email: info@apexforyouth.org

Empowers low-income Asian and immigrant youth by focusing on health and wellbeing, education, and community engagement to pursue a more equitable future. Serves students of all ages.

Friends of the Children - Free

1325 5th Ave, NY, NY 10026

503.820.0903

Email: info@friendsofthechildren.org

Provides mentorship and resources for kids grades K-12 who have been impacted by the foster care and criminal justice systems.

Global Potential - Free (Application Required)

2548 Frederick Douglass Blvd, Ground Fl, NY, NY 10030

Email: info@global-potential.org

Empowers students from underserved communities to become globally competitive leaders of positive change through education, service learning, and cultural exchange.

Harlem Grown - Free

2214 Frederick Douglass Blvd, NY, NY 10026

646.450.9218

Email: info@harlemgrown.org

Inspires youth and young adults to live a health lifestyle through hands-on education and mentorship. Offers farm tours, a mobile teaching kitchen, summer camp, and afterschool programs.

The Door - Free

55 Broome St, NY, NY 10013

Email: mderoo@door.org

Empowers young people to reach their potential through comprehensive youth development services including health care, education, counseling and crisis intervention, legal assistance, high school and college preparation services, career development, housing support, arts, sports and recreation, and nutritious meals. Serves ages 12-24.

University Settlement

184 Eldridge St, NY, NY 10002

212.453.4500

Email: info@universitysettlement.org

Offers the Lower East Side mentorship in addition to internships, college access programs, sports, arts, cultural activities, early childhood services, mental health and wellness programs, and housing services.

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Financial Aid and College Assistance

Children's Scholarship Fund

8 W 38th St, Ste 804, NY, NY 10018
212.515.7100 / 212.515.7137
Email: info@scholarshipfund.org

Provides scholarships to families in need to ensure access to quality education by choosing a private school that best meets their child's needs.

CUNY ASAP & ACE

Programs Academic support programs designed to help associate and baccalaureate degree students stay on track to graduate on time. Provides all students with MetroCards and financial assistance for textbooks, and those on financial aid with tuition assistance. Learn more here: <https://www1.cuny.edu/sites/asap/about/#1676587674368-9312cb60-20ae> (make this into a short link).

Pell Grant

This federal grant is awarded to undergraduate students who display financial need and are in the process of earning their bachelor's, graduate, or professional degree. Unlike a loan, this grant does not have to be paid back. Amount of financial assistance is dependent on each individual's unique situation.

International Education and Resource Network: iEarn-USA

1460 Broadway, 11th Fl, NY, NY 10036
212.860.2793
Email: memberships@us.iearn.org

Provides merit-based scholarships to learn languages and study abroad.

Student Sponsor Partners NYC

424 Madison Ave, 3rd Fl, NY, NY 10017
212.986.9575
Email: info@sspny.org

Offers high school and college scholarships.

Excelsior Scholarship Program

Undergraduates at SUNY and CUNY schools (including community colleges and the statutory colleges at Cornell University) can apply for this scholarship of up to \$5,500.

NY State Tuition Assistance Program (TAP)

Assists New York residents with paying their tuition at approved schools in NY State, including part-time students. As a grant, this financial assistance does not have to be repaid.

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Special Needs

Northside Center for Child Development

1475 Park Ave, NY, NY 10029

212.426.3400

Email: alahoud@northsidecenter.org

Provides a variety of mental health and care services for children, as well as afterschool programs and youth groups.

The Manhattan Children's Center

111 W 92nd St, NY, NY 10025

212.749.4604

Provides services and education for kids and teens with autism to improve social and academic skills. Serves ages 5-21.

Gigi's Playhouse - Free

106 W 117th St, NY, NY 10026

646.801.7529

Email: nyc@gigisplayhouse.org

Works with individuals with Down syndrome, aiming to provide them with educational plan and inclusive environments while building self-confidence through free therapeutic education. Serves all ages.

NY Center for Infants and Toddlers, Inc. -Free with a

311 referral

51A E 117th St, NY, NY 10035

212.289.6100

Provides early intervention services for babies with developmental delays or disabilities, services for children with autism, and private sessions such as educational support and family coaching for young children. Serves children from birth to age 5.

The Child Mind Institute of NY

101 E 56th St, NY, NY 10022

212.308.3118

Email: info@childmind.org

Offers comprehensive educational and therapeutic care to youth and adolescents.

The NY Center for Child Development

159 W 127th St, NY, NY 10027

212.752.7575

Offers services for children under age 5 with autism and mental health issues.

Singeria Inc - Free

212.643.2840

Works with people with disabilities and their families who are underserved, have limited English proficiency, or are struggling with housing and income insecurity. Serves all ages.

NYS Commission for the Blind - Free

163 W 125th St, NY, NY 10027

866.871.3000

Aiming to enhance employability and maximize independence, the Commission offers programs for children who are legally blind through early intervention, educational activities, and recreational programs. Serves various ages depending on program.

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Healthcare Resources

Northside Center for Child Development

1475 Park Ave, NY, NY 10029

212.426.3400

Email: alahoud@northsidecenter.org

Mental healthcare services for children, as well as afterschool programs, and youth groups.

Mt. Sinai Adolescent Health Center -Free

312-320 E 94th St

212.423.3000

Email: teenhealthcareorg@gmail.com

Comprehensive healthcare and support services specifically tailored to meet the unique needs of adolescents and young adults.

The NY Center for Child Development

159 W 127th St, NY, NY 10027

212.752.7575

Offers services for children with mental health issues.

NYC Teens Connection - Free

SRJ@health.nyc.gov

Resources, support, and information to empower empower teens to make informed decisions about their sexual health and well-being.

The Child Mind Institute of NY

101 E 56th St, NY, NY 10022

212.308.3118

Email: info@childmind.org

The Child Mind Institute aims to transform the lives of children and families struggling with mental health and learning disorders by giving them the help they need. With three mission areas of Care, Education, and Science, they offer comprehensive educational and therapeutic care to youth and adolescents.

Harlem United

Main health center: 169 W 133rd St, NY, NY 10030

212.849.2780

Comprehensive healthcare, housing, and supportive services to individuals and families with a focus on those affected by HIV/AIDS, substance use, and mental health challenges.

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Hotlines and Other Resources

Suicide Hotline (998)

Call or text 988

This hotline provides 24/7, free, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Crisis Text Line

Text HOME to 741741

Crisis Text Line is here for any crisis. A live, trained crisis counselor receives the text and responds, all from their secure online platform. The volunteer crisis counselor will help you move from a hot moment to a cool moment.

Street Corner Resources

151 W 145th St, NY, NY 10039

212.694.8759

Email: info@scrnyc.org

Combats gun and gang violence in Harlem through de-escalation trainings, cure violence interrupters, and investing in education and employment for youth and young adults.

Trevor Project Hotline

1.866.488.7386

The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people, free and confidential.

National Sexual Assault Hotline

800.656.HOPE

Quality anonymous, and confidential crisis intervention services in English and Spanish, via telephone and online. The hotline's partner organization, RAINN, partners with local service providers and offers solutions that will ensure survivors receive the help they deserve.

National Domestic Violence Hotline

1.800.787.3224

Essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.

The Center

208 W 13th St, NY, NY 10011

212.620.7310

Comprehensive supports for LGBTQ youth, including counseling, health and wellness services, social programming, and career services.

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Food Assistance

Food Bank for NYC - Free

39 Broadway, 10th Fl, NY, NY 10006
212.566.7855

Can help any New Yorker find a food pantry near them.

City College of NY Food Pantry: Benny's Pantry and Gardens - Free

North Academic C Hoffman Lounge 1/101A, 135th St and Convent Ave, NY, NY 10031
Email: bennysfoodpantry@ccny.cuny.edu

Food assistance and support services to anyone in the CUNY community. Book an appointment online to visit.

The College Student Pantry - Free

Trinity SAFH, 602 E 9th St, NY, NY 10009
Email for an appointment:
collegestudentpantry@gmail.com

Volunteer-run food pantry for any college and graduate student, no questions asked.

1st and 3rd Wed of each month of the school year through May 3, 4-7 pm.

BMCC Food Pantry - Free

199 Chambers St, Rm S-230 NY, NY 10007
212.220.8195
Email: arc@bmcc.cuny.edu

Nutritionally balanced, non-perishable, and frozen food items for BMCC students. Students may walk-in to meet with staff and be assessed for services.

The Food Pantry at Columbia -Free

582 Lerner Hall, 2920 Broadway, NY, NY 10027
Medical Center, 50 Haven Ave, NY, NY 10032
Email: thefoodpantry@columbia.edu

Open to any Columbia University student. Option of pre-ordering food and contactless drop-off. Locations at Lerner Hall and the Medical Center (Barnard Hall location closed until further notice).
Email: thefoodpantry@columbia.edu

NYU Courtesy Meals - Free

Available at these locations: https://docs.google.com/document/d/1Fo_pndsBQP3NijFzmJ2H_yFCo20I_kzrJWZRpt4TwU/edit#heading=h.iq4lzxrf2u [make into a short link]

Short-term emergency resource for NYU students in unexpected financial situations who are unable to afford meals/groceries. Provides students with 75 dining dollars credit to NYU ID, free of charge and without an impact on financial aid. Available to students enrolled in the current NYU semester who have exhausted meal and dining dollars if on a meal plan.

Guttman Community College Food Pantry - Free

The Connect Center, LL 021 and LL 020, 50 W 40th St, NY, NY 10018
646.313.8857
Email:connectcenter@guttman.cuny.edu

Offers Guttman students free, non-perishable food items either by walk-in or advance scheduling. Visits can be as often as needed.

Hunter College: Purple Apron Food Pantry - Free

Locations on 68th St Main Campus in Lower Level of West Building Rm B103, and in Brookdale at 425 E 25th St, main lobby.
Email: rt2049@hunter.cuny.edu

Food assistance programs for Hunter students.

Pace University: Provisions, A Bhandari Jain Family Food Pantry -Free

1 Pace Plaza, W105, NY, NY 10038
Email: dsantiago@pace.edu

Provides any Pace student, staff, and faculty with a week's worth of non-perishable foods. Guests are required to complete a one-time intake application and swipe in with Pace ID. Pace students can also participate in Fare Trade, a mutual aid-program where students can reallocate their dining dollars to the fund.

John Jay College Food Pantry -Free

Wellness Center, L68.00NB, 524 W 59th St, NY, NY 10019
212.237.8052
Email: jjcfoodbank@jjay.cuny.edu

Each visit requires a check-in at the front desk and a short interview with a peer educator to determine eligibility and other necessary info.

Back to School Guide

Early Childcare

Hudson Guild - Free/Low-Cost
441 W 26th St, NY, NY 10001
212.760.9800
Email: jkelly@hudsonguild.org

Early childhood program offers multicultural and bilingual staff; expert staff in the areas of health, nutrition, mental health, and child development; free, nutritious meals that reflect diverse cultures; and extended day lasts until 6pm. Offers two-year-old programming and pre-K.

14th ST Y
344 E 14th St, NY, NY 10003
212.780.0800
Email: info@14StreetY.org

Provides continuity and depth of care from pre-natal through early childhood within the 14th Street Y's Early childhood programs. An entire community full of arts and culture, community events, aquatics classes, fitness classes, and more. Offers Prelude to Preschool program for ages 12-34 months in addition to their 14Y preschool program. Pricing may apply. Financial aid available according to demonstrated need.

York Avenue Day School
1520 York Avenue, NY, NY, 10028
212.743.1000
Email: info@yorkavenuedayschool.org

A warm, safe and child-centered environment that encourages positive self-esteem, self-discovery, social interaction, and active learning for young children. Serves ages 6 months to 4 years. Pricing may apply.

Grand Street Settlement - Free for those eligible
80 Pitt St, NY, NY 10002
212.674.1740
Email: info@grandsettlement.org

Early childhood and youth services, with an emphasis on community building. Early childhood education serves ages 2 until they begin kindergarten.

A Place For Kids - Free/Low-Cost
Program locations are at Henry St and Pike St, and E 12th St at Ave D.
917.509.1861
Email: info@aplaceforkidsny.org

Early childcare, after-school and summer school programs serving immigrants and low-income children, providing quality cultural enrichment, recreation, homework assistance, test prep, workshops, and a nutritious hot meal.

The House of Little People
122 East 91st Street, 1st Fl & Garden Level, NY, NY 10128
212.369.2740

Offers infant and toddler early childcare and pre-K. Pricing may apply.

LET'S WORK TOGETHER FOR STUDENTS AND FAMILIES

CONTACT US

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New York, NY 10007

212.669.8300

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431 West 125th Street

212.531.1609

Online at: manhattanbp.nyc.gov



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